



PÉCSI TUDOMÁNYEGYETEM  
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

# Rheumatological physiotherapy

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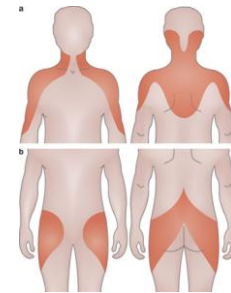
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# Systematic autoimmune diseases

- rheumatoid arthritis,
- systemic lupus erythematosus,
- Sjogren's syndrome,
- dermatomyositis and polymyositis,
- polymyalgia rheumatica,
- progressive systemic sclerosis – Scleroderma,
- Mix oedema,
- Juvenilis chronikus arthritis.



# Assessments in rheumatology

- Anamnesis
- Inspectio
- Palpatio
- Movement analysis
- Laboratory tests
- Instrumental examinations
- Use of disease-specific scales (quality of life, self-sufficiency questionnaires)

# Rheumatoid Arthritis Physiotherapy



What is Rheumatoid Arthritis (RA)?

- Chronic autoimmune disease affecting joints.
- Causes synovial inflammation, leading to pain, swelling, and stiffness.
- Commonly affects hands, wrists, knees but can involve other joints.
- Can lead to joint deformities and functional impairments.

# Goals of Physiotherapy in RA

- Reduce pain and stiffness.
- Maintain and improve joint mobility and flexibility.
- Strengthen muscles to support joints.
- Improve functional abilities and quality of life.
- Prevent joint deformities and disability.



# Physiotherapy Techniques for RA



- **Range of Motion (ROM) Exercises** – to maintain joint flexibility.
- **Strength Training** – low-resistance exercises to prevent muscle atrophy.
- **Aerobic Exercise** – low-impact activities (walking, swimming) to improve endurance.
- **Hydrotherapy** – warm water exercises to reduce pain and stiffness.
- **Joint Protection Techniques** – education on avoiding excessive strain.

# Key Recommendations & Summary



- **Consistency** is key – regular, low-impact exercises help manage symptoms.
- **Avoid overloading joints** – balance between activity and rest.
- **Heat and cold therapy** can relieve pain before/after exercise.
- **Patient education** is essential for self-management.
- **Multidisciplinary approach** – collaboration with rheumatologists and occupational therapists.

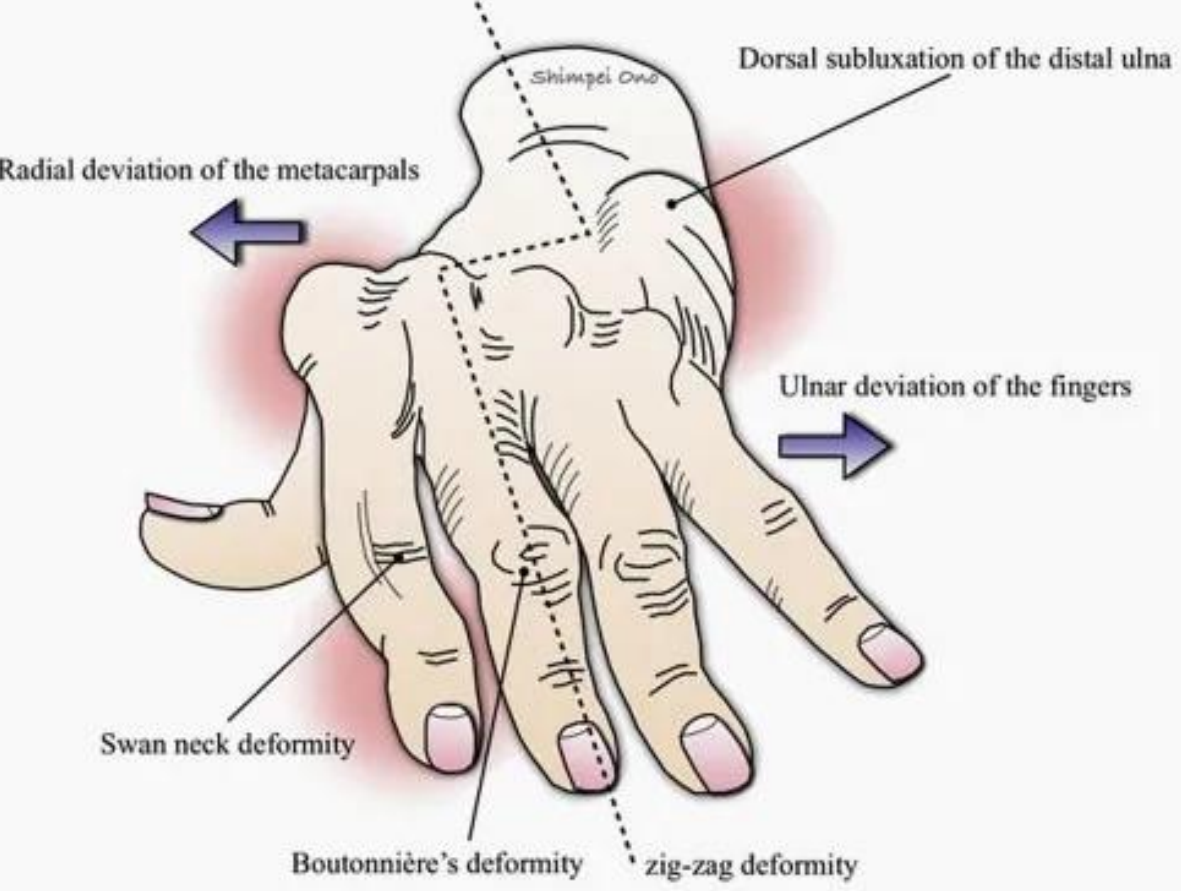
# Hand slings and bandages



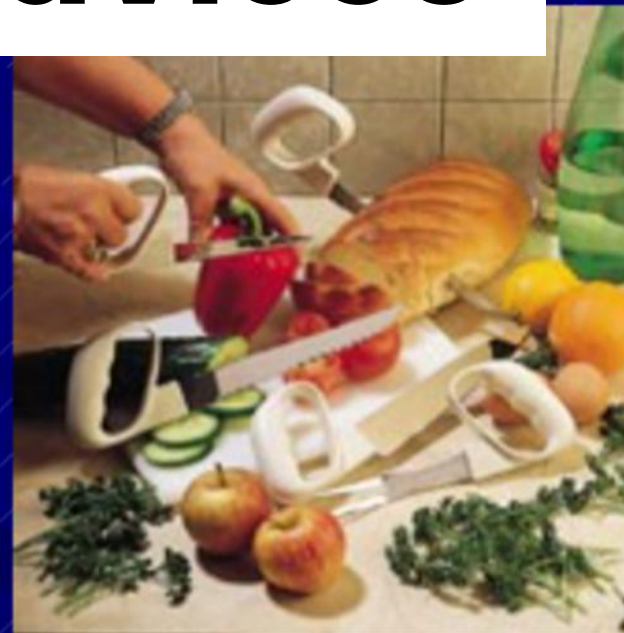
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# Ideas, lifestyle advices





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**Thank you for your  
attention!**